

Fiona is the Field Secretary. As such she's responsible for allocating plots and checking they are being maintained properly.

Fiona is also our representative (along with Dave Byers) on the Association of Liverpool Allotments (ALA) making sure our voice in South Liverpool is heard.

If you find yourself struggling with your plot, have a word with Fiona who will do what she can to help.

## FIONA COWELL



*“ I am Fiona, I’ve had a plot since 2020 and love purple vegetables.*

*I have a passion for companion planting especially using calendula and lavender for natural pest control and to dry to make balms and infuse oils.*

*The best advice I was given was to grow what you like to eat.*

*I would amend that advice to grow what you like to eat and what makes you happy.”*